



Pepper-Peach Salsa

 Gluten Free  Dairy Free

READY IN



18 min.

SERVINGS



15

CALORIES



38 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup peach jam
- 2 teaspoons juice of lime fresh
- 1 teaspoon lime zest
- 1.5 cups peaches fresh diced
- 0.5 teaspoon pepper dried red crushed

Equipment

- sauce pan

Directions

Stir together all ingredients in a small saucepan, and cook over medium heat, stirring often, 2 to 3 minutes or until thoroughly heated.

Nutrition Facts



PROTEIN 1.99% **FAT 1.37%** **CARBS 96.64%**

Properties

Glycemic Index:8.48, Glycemic Load:4.76, Inflammation Score:-1, Nutrition Score:0.68999999502431%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 38.37kcal (1.92%), Fat: 0.06g (0.09%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 9.47g (3.16%), Net Carbohydrates: 9.08g (3.3%), Sugar: 6.81g (7.56%), Cholesterol: 0mg (0%), Sodium: 6.74mg (0.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.19g (0.39%), Vitamin C: 1.87mg (2.26%), Fiber: 0.39g (1.54%), Vitamin A: 70.37IU (1.41%), Copper: 0.02mg (1.21%), Vitamin E: 0.15mg (1.02%)